

Ke mang ya leng kotsing

- Batho ba nang le ba lelapa ba nang le nalane ya kगतello e phahameng ya madi
 - Batho ba nang le boima ba mmele bo fetang tekano
 - Batho ba jang dijo tse se nang phepo, tse nang le mafura a mangata le letswai le lengata.
 - Batho ba dilemong tse fetang 35, ka kakaretso, ha motho a ntse a hola, ho ba le menyetla e mengata ya ho ba le Kगतello e phahameng ya maikutlo.
 - Basadi ba immeng.
 - Batho ba sebedisang meriana e kang ya taolo ya pelehi, dipilisi tsa dimatlafatsi le dithethefatsi tse thibelang phekolo ya ho ruruha
 - Batho ba tshwerweng ke mafu a kang a diphiyo.
 - Ditsubi
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- Batho ba welang dihlopheng tse itseng tsa merabe hobane ba na le lefutso la kगतello e phahameng ya maikutlo.
 - Batho ba sa etseng ditlhakiso tsa mmele mme ba na le dikgato tse phahameng tsa kगतello ya maikutlo.

Dikotsi Tsa Bophelo Bo Botle Tse Amahanngwang Le Kगतello e Phahameng Ya Madi

- Tlhaselo ya lefu la pelo
- Setorouku (ka nako tse ding ho shwa lehlakore)
- Ho se sebetse ha diphiyo
- Glaucoma
- Mathata a phallo moo methapo ya madi e fetisetsang madi maotong kapa matsohong, e petetsanang kapa e thibanang.
- Tse amanang le lefu la tswekere
- Kholesterole ya kगतello e phahameng ya madi

Kamoo Kगतello e Phahameng Ya Madi e Ka Holwang Kateng

- Mehato ya tataiso ho theola kapa ho beha tlasa taolo, Kगतello e phahameng ya madi
- Eja ha 3 ho isa ho 6 ka letsatsi
- Eja dijo tse nang le phepo tse nang le mafura a tlase le Sodiamo Tloloraete(letswai)
- Fokotsa ho nwa dino tse nang le khafeni le tahi
- Leka ho etsa ditlhakiso tsa mmele bonyane metsotso e 30 – 45 matsatsing a mangata a beke.Qoba ditlhakiso tsa mmele tse boima jwaloka ho phahamisa ditshepe, kaha di ka phahamisa kगतello ya madi.Etela ngaka ya hao pele o qala ka lenaneo la ditlhakiso tsa mmele.
- Qoba kगतello ya madi (taolo ya kगतello ya madi) – Ho bohlokwa ho boloka kगतello ya madi e le tlasa taolo.
- Meriana ya kगतello ya madi e lokela ho nowa hantle ka nako e behilweng.O se emise kapa wa fetola meriana, ntle leha o eleditswe jwalo ke ngaka ya hao.
- Etela tiilini ya hao e haufi kapa ngaka ya lelapa ho hlahloba kगतello ya madi kgafetsa.

Hypertension Hipertensie Kगतello ya madi



health

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Health
FREE STATE PROVINCE

Hypertension the Silent Killer

What is blood pressure?

- Blood pressure is the force exerted by the Heart against the resistance created by the arteries, to keep blood flowing through the body.

Symptoms of Hypertension

- Hypertension is often referred to as “silent killer” because most people don’t feel the symptoms until it is too late, advance case however may present with the following:
 - Pulsating headaches behind the eyes.
 - Visual disturbances
 - Nausea and Vomiting
 - Sleepiness
 - Seizures in Severe Cases

Who is at risk

- People with Family History of High Blood Pressure
- People who are overweight.
- People who eat Unhealthy diet, excessive fat and salt intake.
- People over the age of 35years, In General the older you get the greater the chance of developing Hypertension.
- Pregnant Women.
- People using certain medications such as birth control, steroids and anti-inflammatory drugs.
- People suffering from other diseases such as kidney diseases.
- Smokers
- People belonging to certain ethnic groups because they have a genetic predisposition to hypertension.
- People who don’t exercise and have high levels of stress.

Health risks associated with hypertension

- Heart attack
- Stroke
- Kidney failure
- Glaucoma
- Circulation problems in which the arteries that carry blood to the legs or arms becomes narrowed or clogged.
- Diabetes mellitus.
- High blood cholesterol

How to beat hypertension

- Guidelines for lowering or normalizing Hypertension:
 - Eat 3 – 6 small meals per day.
 - Eat healthy and balanced diet low in Saturated Fat and Sodium Chloride.
 - Limit daily intake of drinks containing caffeine and alcohol.
 - Try to Exercise regularly for at least 30 – 45 minutes most days of the week. Avoid Strenuous exercises such as lifting weights as they can raise blood pressure. Consult

with your doctor before starting with an exercise programme.

- Avoid stress (Stress management) – It is important in keeping blood pressure under Control.
- Blood pressure medication should be taken exactly as prescribed. Do not stop or change medication unless advised to do so by your Doctor.
- Visit your nearest Clinic or House Doctor to check your Blood pressure regularly.

Hipertensie - Die sluipmoordenaar

Wat is bloeddruk?

- Bloeddruk is die druk wat uitgeoefen word deur die hart teen die weerstand van die are, ten einde bloed deur die liggaam te laat vloei.

Simptome van Hipertensie

- Daar word dikwels na hipertensie verwys as 'n sluipmoordenaar want die meeste mense voel nie die simptome nie totdat dit te laat is. Gevorderde gevalle kan egter die volgende laat verskyn:
 - Kloppende hoofpyn agter die oë
 - Visuele versteurings
 - Naarheid en braking
 - Slaperigheid
 - Siekte-aanvalle in ernstige gevalle

Wie loop die gevaar om die siekte op te doen?

- Mense met 'n familiegeskiedenis van hoë bloeddruk
- Mense wat oorgewig is
- Mense met 'n ongesonde dieet, met oormatige vet- en soutinname.
- Mense ouer as 35 jaar. Oor die algemeen is 'n mens se kans groter om hoë bloeddruk op te doen namate jy ouer raak.
- Swanger vroue.
- Mense wat sekere medikasies gebruik, bv. geboortebeperkingspille, steroïdes en anti-inflammatoriese middels.
- Mense wat aan ander siektes, bv. niersiektes, ly.
- Rokers
- Mense wat tot sekere etniese groepe behoort wat 'n genetiese ontvanklikheid vir hipertensie het.
- Mense wat nie oefen nie en wat hoë stresvlakke het.

Gesondheidsrisikos wat met hipertensie geassosieer word

- Hartaanval
- Beroerte

- Nierversaking
- Gloukoom
- Sirkulasieprobleme waar die are wat bloed na die bene of arms vervoer nou of verstop raak.
- Diabetes mellitus.
- Hoë bloed cholesterol.

Hoe om hipertensie hok te slaan

- Riglyne vir die verlagings of normalisering van hipertensie
 - Eet 3 – 6 klein maaltye per dag
 - Eet 'n gesonde en gebalanseerde dieet wat laag is in versadigde vet en natriumchloried.
- Beperk daaglikse inname van kafeïne en alkohol.
- Probeer om gereeld vir minstens 30 – 45 minute op meeste weeksdag te oefen. Vermoedlikse oefeninge soos gewigstoot aangesien dit bloeddruk kan verhoog. Praat met u dokter voordat daar met enige oefenprogram begin word.
- Vermoedlikse stres (stresbestuur) – dit is belangrik vir die beheer van bloeddruk.
- Bloeddruk medisyne moet geneem word presies soos voorgeskryf. Moenie medikasie stop of verander nie tensy u dokter dit aanraai.
- Besoek gereeld u naaste kliniek of huisdokter om u bloeddruk te toets.

Kgatello E Phahameng Ya Madi Ke Mmolai Ya Kgutsitseng

Kgatello ya madi ke eng?

Kgatello ya madi ke matla a sututswang ke pelo kgahlano le tshitiso e bakwang ke methapo ya madi, ho boloka madi a phalla mmeleng.

Matshwao a Kgatello e phahameng ya madi

- Kgatello e phahameng ya madi hangata e bitswa “mmolai ya kgutsitseng” hobane batho ba bangata ha ba utlwe matshwao ho fihlela nako e se e fetile, leha ho le jwalo, boemo bo bobo haholo ba kgatello, bo ka ba le tse latelang:
 - Hlooho e opang haholo kamora mahlo
 - Ditshitiso ponong
 - Ho nyokgoloha le ho hlatsa
 - Ho hloka boroko
 - Ho shwa sethwathwa maamong a mabe haholo